

Wellbeing Hours

Sample Programme 1



Context:

Timetable: 40-minute class periods.

The Wellbeing programme: short courses in CSPE and SPHE and 135-hours of PE.

In addition, students engage in short units of learning (10/11 weeks duration), scheduled for one 40-minute class period each week, across the three years of junior cycle.

The programme is configured as follows:

- Double periods of PE in each of the three years of Junior Cycle.
- Double periods of CSPE in 1st Year and 2nd Year. Single CSPE in 3rd year.
- Double periods of SPHE in 1st Year, a single period in 2nd Year, a double in 3rd year.
- The 'Nurture 4 Wellbeing Programme' one period per week in each year of Junior Cycle.

	First Year	Second Year	Third Year	Hours
PE	Double class period	Double class period	Double class period	135
CSPE	Double class period	Double class period	Single class period	100
SPHE	Double class period	Single class period	Double class period	100
UNITS	Single class X 11 weeks	Single class X 11 weeks	Single class X 11 weeks	66
Term 1	Nurture 4 Wellbeing Programme Year One (66 lessons to choose from) <u>Sample Topics:</u> Transition for Primary to Post-Primary School Being Organised Team building Study Skill	Nurture 4 Wellbeing Programme Year Two (38 lessons) <u>Sample Topics:</u> Goal Setting Being Organised Learner Style Emotional Intelligence Study Skills	Nurture 4 Wellbeing Programme Year Three (34 lessons) <u>Sample Topics:</u> Daily Wellbeing Check-In Preparing for CBAs Building Resilience Study Planning	
Term 2	<u>Sample Topics:</u> What Type of Learner Are You? Positive Affirmations Reflection Time Meditation	<u>Sample Topics:</u> Being Active Meditation Challenges in 2 nd Year Kindness Postcard Study Timetable	<u>Sample Topics:</u> Being Active Be Unique Gratitude Inspirational People Our Environment	
Term 3	<u>Sample Topics:</u> How to study SMART Social Media Resilience & Positive Self-Esteem	<u>Sample Topics:</u> Preparing for CBAs Pay It Forward Gratitude Our Environment	<u>Sample Topics:</u> Cultivating Connection Mindfulness Weekly Wellbeing Check-in	

**Approx.
401 hrs**

Wellbeing Hours

Sample Programme 2



Context:

Timetable: 40-minute class periods.

The Wellbeing programme: short courses in CSPE and SPHE and 135-hours of PE.

In addition, three long units of learning, the 'Nurture 4 Wellbeing Programme' Years One, Two and Three are provided one period per week in each year of Junior Cycle. Each one is 22 hours in duration and runs for the year.

The 'Nurture 4 Wellbeing Programme' was developed by three Wellbeing teachers to address students' needs in relation to the transition from primary to post-primary school, self-management, skills to flourish and skills to cope with increased study demands in 2nd & 3rd year, managing learning goals and deadlines (including Assessment Tasks & CBAs) and strategies to cope with stress.

The programme is configured as follows:

- Double periods of PE in each of the three years of Junior Cycle.
- Double periods of CSPE in 1st Year and 2nd Year. Single CSPE in 3rd year.
- Double periods of SPHE in 1st Year, a single period in 2nd Year, a double in 3rd year.
- The 'Nurture 4 Wellbeing Programme' one period per week in each year of Junior Cycle.

The table below outlines the main features of the programme.

	First Year	Second Year	Third Year	Hours
PE	Double class period	Double class period	Double class period	135
CSPE	Double class period	Double class period	Single class period	100
SPHE	Double class period	Single class period	Double class period	100
UNITS	Single periods X 33 weeks	Single periods X 33 weeks	Single periods X 33 weeks	66
Title	Nurture 4 Wellbeing Programme Year One (66 lessons to choose from)	Nurture 4 Wellbeing Programme Year Two (38 lessons)	Nurture 4 Wellbeing Programme Year Three (34 lessons)	

**Approx.
401 hrs**

Wellbeing Hours

Sample Programme 3



Context:

Timetable: one-hour classes.

- One-hour period for SPHE and CSPE in each of the three years.
- One-hour period for PE in 1st year and 3rd year and a two-hour period in 2nd year.

The school also offers shorter rotating units of learning for the students in 2nd and 3rd year and two stand-alone workshops for 1st years, which are facilitated early in September to support students in settling in and getting to know each other. The number of rotating units chosen reflects the number of class groups in each year.

	First Year	Second Year	Third Year	Hours
PE	One hour	Two hours	One hour	132
CSPE	One hour	One hour	One hour	100
SPHE	One hour	One hour	One hour	100
UNITS	<p>Bespoke workshops</p> <p>Schools create bespoke workshops by choosing from the collection of material on offer</p> <p>Nurture 4 Wellbeing Programme Year One (66 lessons to choose from)</p> <p>Transition for Primary to Post-Primary School Being Organised (2 hours)</p> <p>Team building - Physical activity/Creative craft activity (3 hours)</p>	<p>5 rotating units (each runs for 6 -7 weeks/hrs)</p> <p>Nurture 4 Wellbeing Programme Year Two (38 lessons to choose from)</p> <p><u>Sample Topics:</u> Goal Setting Being Organised Learner Style Emotional Intelligence Study Skills Being Active Meditation Challenges in 2nd Year Kindness Postcard Study Timetable Preparing for CBAs Pay It Forward Gratitude Our Environment</p>	<p>5 rotating units (each runs for 6 -7 weeks/hrs)</p> <p>Nurture 4 Wellbeing Programme Year Three (34 lessons to choose from)</p> <p><u>Sample Topics:</u> Daily Wellbeing Check-In Preparing for CBAs Building Resilience Study Planning Being Active Be Unique Gratitude Inspirational People Our Environment Cultivating Connection Mindfulness Weekly Wellbeing Check-in</p>	68

**Approx.
400 hrs**

Wellbeing Hours

Sample Programme 4



Context:

Timetable: one-hour classes.

- One-hour period for SPHE and CSPE in each of the three years of junior cycle.
- One-hour period for PE in 1st year and 3rd year and a two-hour period in 2nd year.
- In addition, the 'Nurture 4 Wellbeing Programme' provides: One-hour period in 1st year and 2nd year. In 3rd year there are two stand-alone bespoke workshops.*

* The school also offers shorter units of learning for the students in 1st and 2nd year and two stand-alone workshops for 3rd years, which are facilitated at an appropriate time of the year to support students engaging in CBAs and/or in preparation for State Exams/Assessments.

	First Year	Second Year	Third Year	Hours
PE	One hour	Two hours	One hour	132
CSPE	One hour	One hour	One hour	100
SPHE	One hour	One hour	One hour	100
UNITS	<p>One hour Nurture 4 Wellbeing Programme Year One (66 lessons to choose from)</p> <p><u>Sample Topics:</u> Transition for Primary to Post-Primary School Being Organised Team Building Study Skills What Type of Learner Are You? Positive Affirmations Reflection Time Meditation How to study SMART Social Media Resilience & Positive Self-Esteem</p>	<p>One hour Nurture 4 Wellbeing Programme Year Two (38 lessons to choose from)</p> <p><u>Sample Topics:</u> Goal Setting Being Organised Learner Style Emotional Intelligence Study Skills Being Active Meditation Challenges in 2nd Year Kindness Postcard Study Timetable Preparing for CBAs Pay It Forward Gratitude Our Environment</p>	<p>2 Bespoke Workshops Created by choosing from the selection of material in: Nurture 4 Wellbeing Programme Year Three (34 lessons to choose from)</p> <p><u>Sample Topics:</u> Preparing for CBAs Study Planning Being Active Daily Wellbeing Check-In (3 hours)</p> <p>Building Resilience Cultivating Connection Mindfulness (2 hours)</p>	68

**Approx.
400 hrs**